

**NUTRITION CARE DIVISION
FORT CARSON MEDDAC – 3**

Pancakes	French Toast Country Sausage Oatmeal/Grits	Pancakes Breakfast Casserole Oatmeal/Cream of Wheat	French Toast Country Fried Steak Oatmeal/Grits	Pancakes Grilled Ham Oatmeal/Cream of Wheat	Waffles Grilled Ham Oatmeal/Grits	French Toast
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BREAKFAST: Fruit♥, juice♥, hot/cold cereal♥, toast♥, English Muffins♥, bagels♥, biscuits, assorted pastries, scrambled eggs, boiled eggs, eggs to order, omelets to order, hash browns, pancakes or french toast, cream cheese, peanut butter, jelly, bacon, sausage, cream beef.

LUNCH:

Soup de Jour Paprika Schnitzel ♥ Mashed Potatoes♥ Buttered Noodles Sloppy Joes Vegetable Medley ♥ Corn	Tomato Florentine Soup Soup de Jour Yankee Pot Roast Fried Chicken Gravy Parsley Potatoes Steamed Rice Glazed Carrots ♥ Cauliflower Hot Rolls ♥ Egg Rolls Taco Bar	Chicken & Dumpling Soup Soup de Jour Homemade Meatloaf Italian Baked Chicken♥ Breaded Pork Chop Brown Gravy Baked Beans Mashed Potatoes ♥ Green Beans Summer Squash ♥ Hot Rolls ♥ Chicken Strip & Wing Bar <i>Crispy BLT Salad</i>	Chicken Tortilla Soup Soup de Jour Hawaiian Chicken ♥ Tamales Steak Quesadilla Spanish Rice ♥ Potato Pancakes Gravy Broccoli ♥ Ranch Fiesta Blend Dinner Roll ♥ Pasta Bar <i>Chef Salad</i>	Turkey & Sausage Gumbo Soup de Jour Baked Chicken BBQ Chicken♥ BBQ Ribs Macaroni & Cheese Red Potatoes Seasoned Greens Vegetable Medley ♥ Corn Bread Asian Bar -NEW <i>Spinach Chicken Salad</i>	Clam Chowder Soup de Jour Lemon Baked Fish ♥ Country Fried Steak Spaghetti w/ Meatsce Mashed Potatoes Herb Steamed Rice ♥ Chorizo Potatoes Green Beans ♥ Cauliflower Seafood Bar <i>Antipasto Salad</i>	Soup de Jour Roast Turkey ♥ Pepper Steak Turkey Gravy Bread Stuffing Steamed Rice ♥ Zucchini ♥ Peas & Carrots Hot Roll ♥
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LUNCH: Salad Bar ***Weekdays Short Order:*** Hamburgers, Cheeseburgers, Hot Dogs, Chili Dogs, Grilled Cheese, Grilled Ham and Cheese, Philly Steak Sandwich, Pizza, BLT, Boca Burgers, Grilled Chicken Sandwich, French Fries, Assorted Chips, and Bread, Fruit♥, Ice Cream Novelties, and Cakes, Pies and Cookies available daily.
Weekends & Dinner Meal Short Order: Hamburgers, Cheeseburgers, Grilled Cheese, Grilled Ham and Cheese, French Fries, and Grilled Chicken Sandwich♥

DINNER: "MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY OF MENU ITEMS."

Soup de Jour Beef & Tomatoes ♥ Rice ♥ Mixed Vegetables ♥ Gravy	Soup de Jour Savory Baked Chicken ♥ Rice Pilaf ♥ Gravy Brussels Sprouts♥	Soup de Jour Veal Parmesan Penne Pasta Marinara Sauce Bolognaise Sauce Spinach ♥	Soup de Jour Roast Beef ♥ Mashed Potatoes ♥ Vegetable Gravy Green Beans ♥	Soup de Jour Roast Turkey ♥ Mashed Potatoes ♥ Gravy Broccoli Oriental Vegetable ♥ Cranberry Sauce	Soup de Jour Baked Fish ♥ Gravy Parsley Rice ♥ Carrot Coins ♥	Soup de Jour Braised Pork Chop ♥ Baked Potato ♥ Broccoli ♥
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<u>HOURS:</u>	<u>BREAKFAST :</u>	Weekdays:	0600-0830	<u>LUNCH:</u>	<i>Weekdays:</i>	Full Menu	1100-1300	<u>DINNER:</u>	Full Menu	1600-1730
		Weekends/Holidays	0630-0800		Self Service/ Short Order		1300-1400			
					<i>Weekends:</i>		1130 – 1300			

♥ Denotes Heart Healthy Selection, Heart Healthy Meal includes entrée, starch, vegetable, bread, and fruit, and is less than 500 calories and 17g fat (30% fat)

MELANIE J. CRAIG, LTC, SP, Chief, Nutrition Care Division